

# Aquatics



The purpose of the American Red Cross Swimming and Water Safety program is to teach individuals of different ages and abilities how to swim and be safe in, on and around the water. The program covers the knowledge and skills needed for aquatic skill development. All instructors are American Red Cross certified. Preschool classes strive for a 5:1 student to instructor ratio and a 6:1 ratio for school age levels 1-6.

**DURING THE RENOVATION ALL LESSONS  
WILL TAKE PLACE IN OUR LAP POOL.**

## GROUP LESSONS

### UNSURE WHICH LEVEL YOUR CHILD BELONGS IN?

Schedule a 5 minute swim assessment with a certified instructor. Contact Kate Meyer at 303.335.4927.

#### PARENT/TOT: (Age 6-18 months)

Develop a high comfort level in the water while training parents in water safety and drowning prevention. This class is a fun and confidence building experience. One parent must be in the water with each child. Swim diapers required.

#### PARENT/CHILD: (Age 1 ½ - 2 years)

Student will learn to float, blow bubbles, put their face in the water independently and be introduced to deeper water. One parent must be in the water with each child. Swim diapers required.



LEVEL	CLASS FOCUS	PRE-REQUISITE	AGE
<b>Pre Pollywog</b> (Maximum 4 participants)	Being in a class setting and going underwater independently	Willingness to participate in a group setting without a parent in the water. Needs to be able to follow simple directions.	2-3
<b>Pollywog</b> (Maximum 5 participants)	Floating, breath control, underwater and forward movement in the water	Comfortable in a group setting. Willingness to submerge underwater.	3-5
<b>Tadpole</b> (Maximum 5 participants)	Front crawl stroke with breathing and being comfortable in deep water	Ability to jump into the pool go under water and come back up and float on back independently	3-5
<b>Toad</b> (Maximum 5 participants)	Improving strokes, endurance and comfort in deep water	Ability to swim 15 yards with coordinated arm and leg movement on front and back independently.	3-5
<b>Level 1</b> (Maximum 6 participants)	Being in a class setting and going underwater independently, learning floats	Being ready to participate in a group setting	5+
<b>Level 2</b> (Maximum 6 participants)	Floating, breath control, underwater and forward movement in the water	Comfortable with going underwater without hesitation. Ability to float with assistance.	5+
<b>Level 3</b> (Maximum 6 participants)	Front crawl with breathing, elementary back-stroke and diving basics	Can swim front crawl. Be comfortable in deep water. Capable of rolling front to back independently.	5+
<b>Level 4</b> (Maximum 6 participants)	Stroke work on 4 competitive strokes and elementary backstroke	Swimming 15 yards of front crawl with breathing	5+
<b>Level 5</b> (Maximum 6 participants)	Increasing swimming efficiency	Swimming 25 yards of front crawl with breathing, breast stroke, and elementary back stroke	5+
<b>Level 6</b> (Maximum 6 participants)	Swimming skill proficiency	Swim 4 competitive strokes, complete at least 25 yards of each stroke and 50 yards of freestyle with side breathing	6+